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We claim:

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A method of delivering information across a computer network, comprising the steps of:

receiving a request from a client program for user-selected information; transmitting provider-selected information in response to the request if no qualifying provider-selected message has been previously transmitted to the client program.

An apparatus for delivering information across a computer network, comprising: a computer network;

an information server for receiving a request for user-selected information from a client program;

the server being configured to transmit provider-selected information in response to the request if no qualifying provider-selected message has been previously transmitted to the client program.

A method of delivering information across a computer network, comprising the steps of:

receiving a request from a client program for user-selected information; transmitting provider-selected information in response to the request if no qualifying provider-selected message has been transmitted to the client program within at least one provider-selected interval.

An apparatus for delivering information across a computer network, comprising: at computer network;

an information server for receiving a request for user-selected information from a client program;

for user-selected information.

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the server being configured to transmit provider-selected information in response to the request if no qualifying provider-selected message has been previously transmitted to the client program within at least one provider-selected interval.

- The method of claim 1, wherein said request from a client program is by means of 5. he Hypertext Transport Protocol.
- 6. The method of claim 1, further comprising the steps of: transmitting the user-selected information if a qualifying provider-selected message has peen previously transmitted to the client program.
- A method of delivering information across a computer network, comprising the steps of:

receiving a request from a client program for user-selected information; transmitting provider-selected information in response to the request if no qualifying provider-selected message has been previously transmitted to the client program; the provider-selected information causing the client program to transmit a second request

An apparatus for delivering information across a computer network, comprising: a computer network;

an information server for receiving a request for user-selected information from a client program;

the server being configured to transmit provider-selected information in response to the request if no qualifying provider-selected message has been previously transmitted to the client program;

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the provider-selected information causing the client program to transmit a second request for user-selected information.

- 9. The method of claim 7, further comprising the step of: transmitting the requested user-selected information in response to the second request for user-selected information.
- 10. A method of delivering information across a computer network, comprising the across of:

receiving an HTTP GET request from a client program for user-selected information;

transmitting from a server a provider-selected information in response to the HTTP GET

the provider-selected message causing the client program to transmit an HTTP POST

transmitting the user-selected information in response to the HTTP POST request.

11. The method of claim 10, wherein: wherein said HTTP POST request includes a referrer header containing a URL for the server.